

WHAT IS CLAIMED IS:

1. An information recording and playback apparatus comprising:
 - an information recording and playback section which records information on a recording medium, and plays back prestored information from a recording medium;
 - a timer section which operates the information recording and playback section at a predetermined operation starting time, and stops the information recording and playback section at a predetermined operation ending time;
 - a memory section which holds operation information of the timer section;
 - 15 a communications control section which inputs and sets the operation starting time and the operation ending time to the timer section from outside;
 - 20 a main-power internally-controllable switch, which always energizes to the timer section, and selectively energizes to the information recording and playback section and the communications control section by external operation or management of the timer section;
 - 25 a radio clock section which receives a standard value used for time correction of the timer section from the outside; and
 - a main control section which controls operations of the information recording and playback section, the

timer section, the main-power internally-controllable switch and the radio clock receiving section, with reference to the operation starting time and the operation ending time supplied through the
5 communications control section.

2. An information recording and playback apparatus according to claim 1,
the communications control section acquiring information corresponding to the operation starting
10 time and the operation ending time of the timer section, by receiving an instruction supplied in mail form from the outside.

3. An information recording and playback apparatus according to claim 1,
15 the communications control section acquiring information corresponding to the operation starting time and the operation ending time of the timer section by receiving, when a main power is turned on by control by the timer section, an instruction supplied in mail form from the outside.
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4. An information recording and playback apparatus according to claim 3,
the main power being turned on by control of the timer section at the time of starting a main power to correct the time of the timer section by the radio
25 clock section.

5. An information recording and playback

apparatus according to claim 1,

the communications control section acquiring information corresponding to the operation starting time and the operation ending time of the timer section by receiving, if a main power is turned on by control by the timer section and the information recording and playback section is being operated, an instruction supplied in mail form from the outside when the operation of the information recording and playback section has been completed.

6. An information recording and playback apparatus according to claim 1,

the communications control section writing the operation information of the timer section into the memory section, by turning on the main-power internally-controllable switch, if an instruction supplied in mail form from the outside in the state where a main power is off by control by the timer section includes an instruction to turn on the main-power internally-controllable switch.

7. An information recording and playback apparatus which records and plays back video data, the apparatus comprising:

means for receiving a recording programming mail including recording programming contents from outside in a predetermined condition; and

means for entering a recording programming in

accordance with a recording programming contents in a programming mail acquiring by the receiving means.

8. An information recording and playback apparatus according to claim 7, further comprising:

5 means for designating an interval between receives of recording programming mail by the receiving means.

9. An information recording and playback apparatus according to claim 7, the condition of receiving the recording programming mail by the 10 receiving means is a timing, when an internal power is turned on in the state where a main power is off.

10. An information recording and playback apparatus according to claim 7, the condition of receiving the recording programming mail by the 15 receiving means is a timing, when an operation, during which recording programming is impossible, has been completed.

11. An information recording and playback apparatus according to claim 7, the condition of receiving the recording programming mail by the 20 receiving means is a timing, when an operation has been completed, if the apparatus is set to be turned off after the operation.

12. An information recording and playback apparatus according to claim 7, the condition of receiving the recording programming by the receiving 25 means is a timing, by turning on an internal power for

a predetermined time at regular intervals in the state where a main power of the apparatus is off.

13. An information recording and playback apparatus according to claim 7, the condition of
5 receiving the recording programming by the receiving means is a timing, when a main power has been turned on.

14. A method entering and acquiring a recording programming contents from outside with a recording
10 programming mail using an information recording and playback apparatus comprising:

receiving a recording programming mail including recording programming contents from outside; and
15 entering a recording programming in accordance with a recording programming contents in a programming mail acquiring by a receiving means.